

The sanogenetic role of physical activity. Why should we wait until it is too late?

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Abstract

Physical activity represents an important component of a healthy lifestyle, which contributes to the enhancement of the quality of life and to one's personal well being. This paper represents a review of the scientific literature regarding physical activity and health, taking into account the advantages of physical activity, the risks of a sedentary lifestyle and the factors which impede an active lifestyle. In the second part some recommendations are presented regarding the modification of the school curriculum with the purpose of developing healthy attitudes towards physical activity.

Key words: physical activity, healthy lifestyle, health risks, barriers, obesity, school curricula.